
UPDATED SARS Fact Sheet for Employees or Volunteers

This fact sheet provides guidance for school employees and volunteers who have been in close contact with a person known or suspected to have SARS.

Watch yourself for any symptoms of a respiratory illness:

1. If you develop fever **OR** respiratory symptoms (cough, shortness of breath or difficulty breathing) during the monitoring period, you should stay at home avoiding contact with anyone outside your immediate household members. You should not come to school.
2. Arrange for immediate medical evaluation.
3. While you are waiting for medical evaluation, practice infection control precautions recommended for SARS patients in the home setting. This includes:
 - Limit your activities outside the home during this 10-day period. For example, do not go to school or public areas.
 - Make sure you cover your mouth and nose with tissue when sneezing or coughing.
 - Make sure you wash your hands often and well with soap and hot water or an alcohol-based hand wash, especially after having blown your nose or coughed.
 - Make sure other family members wash their hands often and well while caring for you.
 - If you have a cough you should wear a surgical mask during close contact with other people in the home. If you cannot wear a surgical mask, other members of the household should wear one when in the room with you.
 - Do not share silverware, towels, or bedding used by you until these items have been washed with soap and hot water.
 - Clean surfaces (counter or tabletops, door knobs, bathroom fixtures, etc.) that have been contaminated by body fluids (sweat, saliva, mucous, or even vomit or urine) from you with a household disinfectant used according to the manufacturer's instructions. Wear disposable gloves, if possible, during all cleaning activities. Throw these out when you are done. Do not reuse them.
4. If your symptoms **do not** progress within 72 hours after first symptom onset, you may be allowed to return to school and infection control precautions can be discontinued. This means if you **do not** develop cough, shortness of breath, or difficulty breathing **and** a measured temperature of greater than or equal to 100.4 °F, you can return to school.
5. For an employee or volunteer who develops a cough, shortness of breath, or difficulty breathing **AND** a measured temperature of greater than or equal to 100.4 °F, infection control precautions should be continued until 10 days after the resolution of fever, provided respiratory symptoms are absent or improving. Your doctor should report this situation to your local county health department immediately.

IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO TALK TO YOUR PHYSICIAN OR CALL THE BUREAU OF EPIDEMIOLOGY AT (850) 245-4401